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Dexter to amend Finance Act as deficit skyrockets

POLITICS Nova Scotia Premier Darrell Dexter is confirming his government will have to amend the Provincial Finance Act to help deal with the province's ballooning deficit.

In his first formal address to the legislature, Dexter said last night the move is part of presenting an honest picture of the state of the province's books.

The previous Conservative government was brought down by the opposition parties in May when they made a similar move.

But Dexter says the Tories were being dishonest about the province's fiscal health, by trying to hide the deficit by suspending legally required debt payments to allow the province to stay in the black.

Dexter — who did not detail the changes he's planning — says the Tories wanted the opposition to "be complicit" in their attempts to hide the truth.

The NDP will table a budget Thursday.

THE CANADIAN PRESS

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 2



Sports pg 10

Canada acting like lugers?

On the web

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London

Fashion



A model wears a creation by British designer Paul Smith at London Fashion Week in London yesterday. Fashion weeks are going on across the globe right now.

Province scrapping Keno game

FUNDS Nova Scotia's NDP government has pulled the plug on a controversial electronic gambling game introduced last March.

Finance Minister Graham Steele rose in the legislature last night and announced in a statement Keno would be discontinued in about 180 bars and restaurants by Oct. 22.

"Even on its own terms, Keno has not been a suc-

cess," Steele told the house. "Revenue has fallen 80 per cent below expectations, with the result that Keno is actually losing money."

Steele later told reporters he made the decision after consulting with stakeholders. He said it will cost \$3.4 million to leave the game, which will come out of general gaming revenues paid to the

province. Keno was introduced, amid much criticism, by the former Progressive Conservative government and was expected to take in \$2 million to \$3 million a year.

Conservative critic Cecil Clarke questioned the wisdom of pulling out at a time when the province is cash-strapped and facing a deficit of \$590 million.

THE CANADIAN PRESS

Internet insecurity

Cyber group hosts forum to raise awareness of risks

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

The world outside our front doors isn't the only unpredictable place that needs to be carefully monitored.

Sometimes the most dangerous place can be right inside our own homes, a group dedicated to safe and secure Internet surfing said yesterday.

"The Internet is a great thing," Peter Morin, past-president of the High Technology Crime Investigation Association's Atlantic Canadian chapter, said last night before a public forum on how to be web smart, held inside a Dartmouth hotel.

"(But) just like the streets are policed, the Internet has to be policed ... You have to be mindful of what kids are doing and that way they'll get the best out of it and it's not going to hurt them."

Morin's group hosted the forum to raise awareness about the risks lurking online, inviting a range of experts, from members of the provincial RCMP's Internet Child Exploitation Unit to Nomi Classen, director of education for Cybertip.ca, who flew in from Winnipeg.

Everyone age 12 or older was welcome, but younger children weren't allowed to attend because of the adult content discussed.

And even for adults, some of the information shared by Classen was disturbing indeed.

She pointed to one child abuse case in which pictures of a four-year-old girl being sexually abused were uploaded to the Internet and propagated more than 800,000 times in an 18-

month period. Other stats show 69.3 per cent of confirmed sexual abuse images are of children under eight years old, while 86.5 per cent are under 11 years old, or "pre-pubescent," she said.

One pedophile wrote online, "When I capture their image, I capture a piece of time that not even their own mommies will have. They stay for young forever, just for us 'pedos.' The vidcam makes them our eternal slaves."

Classen said children need to learn not only to avoid strangers on the streets, but to be aware of "strangeness," or strange behaviour online.

For more tips go to cybertip.ca. Cybertip.ca has received more than 40,000 reports, with 48 arrests made as a result.

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Alberta issues, sells out \$600M in provincial bonds

FINANCES Alberta is following through on a promise to raise money for infrastructure projects by borrowing money through provincial bonds for the first time in more than a decade.

Alberta Finance spokesman Bart Johnson says \$600 million worth of the provincial bonds were issued on the Canadian capital markets yesterday morning. He said the bonds sold completely within half an hour.

The government said in this year's budget it would use bonds to raise \$3.3 billion over three years. It last sold provincial bonds in 1997 before raking in massive surpluses for much of the last decade due to soaring oil and natural gas prices.

METRO CALGARY

News on the Move
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Health pg 17



Separate beds may aid sleep

On the web
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Dan Sobering and AJ Amer show off their super-stylish footwear as they, along with hundreds of others, participated in the Walk a Mile in Her Shoes event at Olympic Plaza. The walk is held in support of the YWCA of Calgary for the prevention of domestic violence.

U of C chief to get \$5M

Students want say in pay as president's pension unveiled

MEREDITH O'HARA
 for Metro Calgary

The University of Calgary Students' Union hopes to have more say about executive compensation following news their current president will receive almost \$5 million upon his January exit.

Harvey Weingarten will receive a pension valued at \$4.75 million after serving nine years as the university's president, an expense missing from the school's financial reports for six years.

"This price tag is really hard to understand for students," said Charlotte Kingston, president of the students' union. "It looks huge, especially when every year we're having the cost of our education passed down to us in greater proportion through fees and increased tuition."

Kingston said the union has been asking for a voice on the board of governors

human resources and governance committee for a few years.

"I think incidents like this really highlight why students have been so vocal about having a position on that committee."

Alberta's auditor general is investigating the error and will report back in early October.

"In this case, we had an error that occurred in relation to communication that occurred between two departments and it's been rectified," said Jack Perraton, chair of the university's board of governors.

"What we've done is make sure that the human resources work that is done will be at all times directly communicated to the financial people."

Perraton said it was an error in communication that the pension figure wasn't on the books, and is confident those problems are fixed, something the auditor general's report will reflect, he said.

Calgary woman killed cycling on Oregon highway

KRISTA SYLVESTER
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A 26-year-old Calgary cyclist was killed in a crash while riding her bike on an Oregon highway on Sunday.

Lincoln City police con-

firmed Kit Yang Charlene Pun was killed while riding her bike with two friends along Highway 101 in Oregon. The friends were cycling through the state, according to officials.

"She was struck and then run over after falling over

from the bike. From our standpoint, it's a very unfortunate accident. We don't know if anyone could have done anything differently," Sgt. Jeffrey Winn told Metro. "It was very odd, just one of those things."

Winn said the vehicle and the bicycle were going the same direction, with the bicycle on the roadway. Pun was wearing a helmet at the time.

Winn confirmed an 86-year-old woman was the driver of the vehicle that

struck Pun, but he doesn't anticipate any charges against her. Speed and alcohol are not believed to have been factors in the accident. "She has been very cooperative and from what witnesses said, there was just no time to stop."

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Local

Def Leppard to rock Saddledome

Rocker Def Leppard, led by lead singer Joe Elliott, left, are set to perform with special guests Cheap Trick and Man Raze on Nov. 2 at the Pengrowth Saddledome. Tickets go on sale on Friday at 10 a.m. Tickets for the show cost \$89.50, \$65.50 and \$49.50 at all Ticketmaster locations or online.

METRO CALGARY



Calgary Tweets

- @djelly I'm told there was an over-pass sign on Crowchild last week saying "Artists get out — signed Calgary Public Opinion". Did anyone see it? #yyc
- @csgrabill Wow! 12 people and a receipt roll petition at Harper's office; quite the evidence of support for pseudo science in Calgary.
- @downtowncalgary Hope everyone is getting ready for #Cliff. Starting tomorrow morning our writers will be posting their top 4 picks for the festival. #yyc
- Find out what we're up to! Follow Metro Alberta publisher @steveshrout or Metro Calgary managing editor @Darren_Krause

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Green protest for Harper

Banner of signatures displayed outside PM's Calgary office

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Armed with a banner of 150 signatures of Albertans concerned about climate change, protesters took to Stephen Harper's Calgary constituency office yesterday with a message.

Alex Doukas, a volunteer for Step It Up Alberta, led the charges yesterday to remind Harper about earlier comments he made about addressing climate change issues.

"I think we need to go from laggards to leaders on the issue. I think the government has let Canadians down and climate change is a global issue that needs international attention," Doukas said, adding he



Mishka Lysack holds a banner outside of Prime Minister Stephen Harper's office with 150 signatures of concerned Calgarians worried about global climate change.

would like the government to support a bill on climate change and accountability, known as Bill C311.

"We have to step up and

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Alison Longson put her signature on and support behind the 50-foot-long banner of names, which was collected throughout Alberta and Calgary, including at the Folk Festival this summer.

"I think that we need to educate ourselves a lot more on what is happening to our world. A lot of people have become too complacent on what is happening around them," she said.

Stores asked to not sell matches to kids

FIRE The Calgary fire department will be asking retailers to voluntarily refuse to sell matches and lighters to minors as part of a joint city pilot project.

The pilot project was announced on Sunday by the

Canadian Association of Fire Chiefs at its annual conference held in Winnipeg, Toronto, Winnipeg and several smaller communities will join Calgary in promoting the pilot project.

"Fire chiefs consider this

pilot project to be an important approach to reducing fire-related injury and property damage, particularly because victims are the youngest and most vulnerable members of our communities," project leader

and Cambridge fire Chief Terry Allen said.

Hundreds of fires are caused each year by children playing with lighters and matches, some resulting in deaths, damage, he added.

METRO CALGARY

Daycare robberies have cops on alert

CRIME City cops are looking for suspects in a string of daycare smash-and-grabs between late August and this past Sunday.

Five incidents have been reported in District 4, which includes Marlborough and Forest Heights, two in District 5 and one in District 6 (southeast) from Aug. 27 to Sept 20.

Police said the break-ins occurred at night, and damage was caused to the outside of the facilities.

Valuables, including electronics and safes were taken, according to police.

Anyone with information is asked to call 403-567-6400, or Crime Stoppers at 403-262-8477.

METRO CALGARY

metronews.ca

WHAT'S ONLINE TODAY

Blogs Kenya Hunt scouts the off-runway styles at New York Fashion Week

Your Money Allan Small weighs the pros and cons of when to sell off market investments at [metronews.ca/investing](#)

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A fire at Calgary's Metro Waste Paper Recovery building sent one person to hospital yesterday with smoke inhalation. The fire was in a waste conveyor machine, making it difficult at first for firefighters to reach the blaze, the fire department said. Damage was contained to the area and shouldn't affect operations. **METRO CALGARY**

Commercial vacancy rate jumps

MEREDITH O'HARA
for Metro Calgary



There may be a silver lining to Calgary's increasing commercial property vacancy rate.

The rate has jumped from 4.7 to 13.1 per cent for the

third quarter compared with the same time last year, according to a report released yesterday by CB Richard Ellis Limited.

"It's a challenge for building owners in the downtown and suburban office market, and an opportunity perhaps for those that are

considering leasing in the Calgary market," said Richard Pootmans, a business development manager with Calgary Economic Development.

The high vacancy rate should mean more businesses would be able to access downtown office space

for a better price, he said.

"The good news is if you're a company that's looking to move, there's lots of great sub-lease deals available," said Greg Kwong, regional managing director for CB Richard Ellis in Calgary.

A large part of the vacan-

cy increase in the city involves companies sub-leasing their own office space to offset costs, said Kwong.

He added the vacancy rate is expected to climb because of a growing supply and remain in the mid-teens for the next 12 months.



Forest Lawn's new peace mural titled Allegory of Peace.

Peace mural unveiled in Forest Lawn

ART Bringing together diversity, peace and serenity, residents of Forest Lawn celebrated the unveiling of a peace mural yesterday.

Titled an Allegory of Peace, the massive artwork is the fifth in a series of nine in the community, which is part of a revitalization project, according to International Avenue's executive director Alison Karim-McSwiney.

"Our hope is perhaps this mural will serve as a reminder to people that we're all in this together," she said.

Aldermen Andre Chabot and Joe Ceci were both on hand for the unveiling of the mural, which is positioned on the side of a building at 4015 17 Ave. SE.

"The east side of town now has an endearing sign of peace," Ceci said, adding the west side of the city also unveiled a Peace Pole on Sunday.

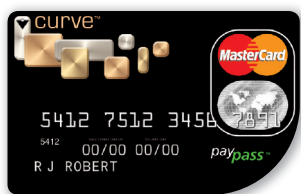
Artist Martinho Correia came all the way back from Florentine, Italy, to complete the project, which he said took "many hours" to complete.

"A lot of the ideas were from local residents. A mural this big takes a lot of time to do," he said, adding he did have help.

KRISTA SYLVESTER/
METRO CALGARY

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Police extending operating hours at new Station

DISTRICT 1 In an effort to improve accessibility to citizens, the Calgary Police Service will extend the hours of operation for its new District 1 Ramsay Station.

The station, located at 1010 26 Ave. SE, will now be open Monday to Friday from 9 a.m. to 7 p.m. and on the weekends from 8 a.m. to 6 p.m. It will be closed on statutory holidays.

METRO CALGARY

Cellphones used for climate change cause

Activists across Canada and around the world used their mobile phones yesterday to stage demonstrations urging world leaders to act on climate change, CBC News Online reports. **METRO NEWS SERVICES**

5

Canada



Ignatieff chides Tories over promos

Liberal Leader Michael Ignatieff says it's wrong that the Conservative government is spending much more taxpayer money on promoting its own economic action plan than on its plans to fight the H1N1 flu. Ignatieff's comments come in response to reports that the federal government is spending five times as many taxpayer dollars on the economic plan as it is on raising public awareness about the flu pandemic.

THE CANADIAN PRESS

Stem cell code set for public

Call to action headed by Canadian

A made-in-Canada charter outlining the ethical principles of international stem cell research is being presented today at the World Stem Cell Summit in Baltimore.

The Stem Cell Charter is a collective call to action in support of stem cell research and a web-based, interactive document detailing how that science should be advanced, says lead author Bartha Knoppers, a bioethicist at McGill University in Montreal.

The charter, available in both English and French at stemcellcharter.org, lays out a code of conduct for stem cell researchers aimed at promoting sci-

ence that is carried out in a responsible, ethical way while protecting people from harm and safeguarding the public trust.

"We'd like to keep it a credible science, we'd like to keep it a science that merits public investment and public funding," said Knoppers.

THE CANADIAN PRESS

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Ottawa Shakkled



Alleged terrorist associate Mohamed Harkat shows his GPS tracking bracelet in Ottawa yesterday. Harkat must continue to wear the bracelet despite approval of lighter bail conditions.

Would-be adopter killed in Honduras

DEATH A man formerly of Saskatchewan who travelled to Honduras to adopt a baby boy he met while volunteering with a charity that fights AIDS in children has been killed by two masked gunmen in the Central American country.

Dallas Martens was trying to protect his wife, Krissy, from a robbery attempt when he was shot over the weekend, according to a statement on the website of the Jayne Mor-

gan Project.

The couple was celebrating their first anniversary and stopped to look at a house they were considering buying, wrote Valerie Nelson, who runs the clinic associated with the project.

The couple recently moved to Roatan, an island off the coast of Honduras, in order to adopt a baby named Will they met while volunteering with the organization.

THE CANADIAN PRESS

News in brief

VISA MEASURES The European Union's top justice official says he will push for retaliatory measures against Canada if it does not move to lift visa restrictions on Czech citizens by the end of the year. The EU's

Justice and Home Affairs Commissioner Jacques Barrot says if nothing moves by the end of the year, he would recommend to EU countries to impose "some form of retaliatory measure." **THE CANADIAN PRESS**

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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

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Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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A U.S. military judge agreed yesterday to another delay in the war crimes trial of five Guantanamo prisoners charged in the Sept. 11 attacks. The judge granted a U.S. government's request for a 60-day continuance. **THE ASSOCIATED PRESS**

World



John A. Gotti back on trial

The fourth racketeering trial of John A. (Junior) Gotti began yesterday with the U.S. government portraying the Mafia heir as a maniacal killer and chronic criminal who has dodged prison by intimidating witnesses and obstructing justice. Three earlier racketeering trials of Gotti ended with deadlocked juries. For each trial, prosecutors reshaped the case with a common thread that Gotti followed his father, the late John Gotti, as the street boss of the Gambinos, one of New York City's five organized crime families. **THE ASSOCIATED PRESS**

Dozens killed in massacre

SUDAN Gunmen attacked a village in southern Sudan and killed some 80 people and wounded 46, said a southern government official yesterday, adding that he believed the militia was organized by the central government.

Maj. Gen. Kuol Diem Kuol, spokesman of the southern Sudanese military forces, said Lou Nuer tribesman attacked the village of Duk-Padiet in Jonglei state on Sunday killing around 80 people, including 61 civilians. The UN has warned about a rising wave of tribal violence in South Sudan that in the past months has killed more than 2,000 people.

THE ASSOCIATED PRESS

Zelaya defiantly returns home

Deposed President Manuel Zelaya made a dramatic return to Honduras' capital yesterday, taking shelter from arrest at Brazil's embassy and calling for negotiations with the leaders who forced him from the country at gunpoint.

The interim government ordered a 15-hour curfew, but thousands of Zelaya supporters ignored the decreed shutdown and re-

mained outside the embassy, dancing and cheering. Others in the capital rushed home, lining up at bus stands and frantically looking for taxis.

The leftist leader's homecoming creates a sharp new challenge for the interim government that has threatened repeatedly to throw him in jail if he returns.

Chants of "Yes we could! Yes we could!" bellowed from the crowd outside the Brazilian Embassy.

Zelaya told The Associated Press that he was trying to establish contact with the interim government to start negotiations on a solution to the standoff that started when soldiers flew him out of the country June 28. **THE ASSOCIATED PRESS**

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Bahamas Travolta extortion trial



Former Bahamas senator Pleasant Bridgewater, centre, arrives at court yesterday. A jury was selected for a trial that could see John Travolta take the stand against Bridgewater, accused of trying to extort \$25 million US from the movie star following his son's death in the country.

News in brief

ARREST A popular Cuban American Spanish-language actor has been charged with possessing child pornography. A police report says 45-year-old Adonis Losada was arrested Friday at his Miami Beach apartment. Investigators say

they found a child pornography image Losada sent to a social networking website. Police say investigators then searched Losada's home and found 18 child porn images on his home computer.

THE ASSOCIATED PRESS

Students told to prove residency or face expulsion

U.S./MEXICO Students living in northern Mexico have skirted residency requirements to attend U.S. public schools for generations, but when the superintendent in one Texas border town got word that about 400 school-age children were crossing the international bridge each day with backpacks but no student visas, he figured he had to do something.

Kelt Cooper of the San Felipe Del Rio Consolidated Independent School District directed officials to stake out the bridge and warn students they could face expulsion if they don't prove they live in the district — a move that's brought complaints from civil rights groups and support from anti-immigrant proponents.

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Comment & Views

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Comment

Prime minister's socialist hookup

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Everything was going the Conservatives' way. They were building a good lead in the polls. The recovering economy was working in Stephen Harper's favour. Michael Ig-

natieff had nothing in his department store window. His pushing for an unwanted election appeared to be backfiring.

But then, the big retreat. Harper looked at the flavourful prospects, turned and walked away. He caved to NDP demands on employment insurance to avoid going to the polls.

It's not in the prime minister's stern character to back off like that. The prime motivation, it appears, is he decided a majority was not in the offing. To

survive he pretty much needs that majority and he wasn't about to take the risk of not getting it.

Harper didn't suffer for his decision. He could have been whacked for chickening out. He could have been mocked for relying on a coalition of sorts to avoid defeat in Parliament — this, having decried the whole idea of anyone aligning with socialists and separatists. But there's a lot of conservative media in this land. They gave him a pass. Instead, it was the NDP

that — weirdly — took the brunt of the criticism. The New Democrats had been pushing for a more generous EI system. They got the government to come their way. Canadians didn't want an election now. The NDP's acceptance of the PM's reforms avoided one. Good on both counts. But instead of receiving plaudits, the Dippers lost the spin game. Even though their polling is close to traditional levels, they were viewed as being desperate to avoid an election.

It's true the New Democrats had long mocked the Liberals for propping up the government and here was Jack Layton doing that very thing. But, unlike the Liberals, this was only one time. And EI reform was not a bad reason. The party had the image of being knee-jerk — of opposing everything the Conservatives did just for the sake of opposing them. This time they looked to be acting rather responsibly.

As for the Harper Conservatives, they have demonstrated a willingness to

compromise and have likely assured themselves another six months in power. They could still be defeated on a confidence vote this fall, but it's less likely.

Harper is gambling that his support will increase in the months to come. He decided that if he had to change his stripes and be in league with socialists, so be it. It's politics. Shift happens.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

1Mtweets a revolutionary movement



Dr. Becky Reuber

We all recognize Canadian inventiveness in cool products like the BlackBerry and Lululemon gear. But yesterday was a watershed day in Canadian innovation with the launch of A Million Tweets to Remember, a movement that is revolutionizing the way social causes connect with online communities.

A Million Tweets to Remember — or 1Mtweets in the online world — seeks to digitally memorialize one

million people who have lived with Alzheimer's disease. Built on Twitter, the 1Mtweets website allows family and friends to tweet about the Alzheimer's sufferer they are memorializing and to make a donation to research on the aging brain.

Tweeters can also create a multimedia web page — called a twibute — for their loved one to expand the thoughts in their tweet. One in three of us knows someone with Alzheimer's and through a twibute we can give our children a portrait of who they once were.

What's groundbreaking about A Million Tweets to Remember is that it un-

leashes the power of social networks for a philanthropic cause. Many of us have joined online communities and even more of us have contributed to charities. The 1Mtweets movement shows how these two aspects of our lives can be brought together.

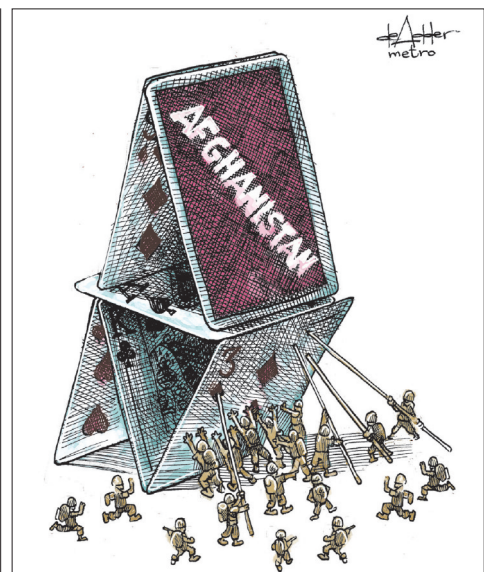
Not surprisingly, then, Jordan Banks, the founder of A Million Tweets to Remember, is a star in both fields. "The sense of community on Twitter is incredible, making it a great resource to raise awareness for Alzheimer's and memorialize those who have lived with this devastating disease," Banks says.

A Million Tweets to Remember will be the largest movement to date on Twitter and will hopefully raise a lot of money for research on Alzheimer's. Most importantly, it will be the largest archive ever created of people with dementia.

Just last week, U.S.-based marketing guru Seth Godin commented on the power of online social communities and asked, "But where are the charities?"

Look north, Seth, look north to Canada. And check out 1Mtweets.com.

Dr. Becky Reuber is professor of strategic management at the Joseph L. Rotman School of Management, University of Toronto.



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U.S. bill aims to help recession-hit

A bill proposed in the U.S. would extend unemployment benefits for people in states with high unemployment rates whose benefits will run out by end of September. **THE ASSOCIATED PRESS**

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Reichmann exits Canary Wharf Group

British media report that Canadian businessman Paul Reichmann has given up his stake in the London Docklands development, marking the end of his 22-year involvement with the site.

According to reports in several British newspapers Songbird Estates has announced that it has increased its shareholding in Canary Wharf Group to 69.3 per cent after acquiring an 8.45 per cent holding from Commerzbank for 112.5 million British pounds.

The Daily Telegraph reports that those shares be-

longed to Reichmann, but had been pledged against loans to Dresdner, a Commerzbank subsidiary. Dresdner was acquired by Commerzbank earlier this year.

Reichmann, 78, was the brains behind the landmark development, a massive complex that covers more than 38 hectares, after brokering a deal with then prime minister Margaret Thatcher in 1987.

The project led his Toronto company, Olympia & York, one of the biggest real estate developers in the world, into bankruptcy in 1992. He fought back, reacquiring Canary Wharf from banks in 1995.

In 2004, he lost control of Canary Wharf for the second time as the Songbird consortium acquired a controlling stake in the asset for 1.9 billion British pounds. Reichmann maintained his small stake of 8.45 per cent of the Class B shares.

But the project was dealt a final blow last year after the collapse of the international financial industry.

THE CANADIAN PRESS



Paul Reichmann

m.metronews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Italy House arrest looms



Italian businessman Giampaolo Tarantini is seen in a car as he leaves the Bari prison where he was detained yesterday. News reports said Tarantini, who has been involved in Prime Minister Silvio Berlusconi's sex scandal, has been placed under house arrest in Rome as part of a drug probe.

Former Norbourg president pleads guilty to 200 criminal charges

MONTREAL After spending years steadfastly proclaiming his innocence, accused trust-fund scammer Vincent Lacroix shocked a courtroom yesterday by pleading guilty to 200 fraud-related charges.

Accused

Lacroix had been accused of defrauding 9,200 investors and illegally appropriating more than \$100 million.

The former head of Norbourg Inc. entered the pleas in Quebec Superior Court and immediately was sent to prison. He apparently came to court prepared. He was toting a gym bag and wearing running shoes and a casual sweater.

Sentencing arguments will be heard Friday. Jury selection will continue for the five other co-accused in the case.

When asked about her client's state of mind, Lacroix's lawyer, Marie-Helene Giroux, said: "He is relieved because he was under a lot of the stress of going under a jury trial."

THE CANADIAN PRESS

Business in brief

SECURITY Foreign acquisitions of Canadian securities dropped to a fraction of the year's monthly average in July. Foreign buyers bought \$351 million in securities in July after investing \$61.9 billion over the first six months of 2009. Canadians sold \$526 million of foreign securities as divestment in debt instruments continued and investment in foreign stocks slowed.

REAL ESTATE The amount of empty office space across Canada continued to rise in the third quarter due to higher unemployment in white-collar industries and excess inventory in some cities, a new report shows. Vacancy rates for commercial real estate are expected to keep rising "well into 2010," CB Richard Ellis Ltd. said in the report released yesterday.

THE CANADIAN PRESS

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Nortel Networks Corp. announced plans to sell its Carrier Networks business in an auction. The assets include software to support the transfer of data over existing wireless networks and the next generation of wireless technology. **THE CANADIAN PRESS**

IRS extends amnesty deadline for dodgers

TAXES Tax dodgers who hid assets overseas will get a few extra weeks to apply for an amnesty program that has been flooded with applications ahead of tomorrow's deadline.

The Internal Revenue Service said yesterday the deadline will be extended until Oct. 15. More than 3,000 Americans have applied for the program, which promises no jail time and reduced penalties for tax cheats who come forward, said a government official who spoke on condition of anonymity because he was not authorized to speak on the record ahead of the public announcement.

The IRS is extending the Wednesday deadline to give a rush of applicants more time to prepare their paperwork.

The IRS long has had a policy that certain tax evaders who come forward before they are contacted by the agency usually can avoid jail time as long as they agree to pay back taxes, interest and hefty penalties. Drug dealers and money launderers need not apply. But if the money was earned legally, tax evaders can usually avoid criminal prosecution.

Fewer than 100 people apply for the program in a typical year, in part because the penalties can far exceed the value of the hidden account, depending on how long the account holder has evaded U.S. taxes. But in March, the IRS began a six-month amnesty program.

THE ASSOCIATED PRESS

Female trader files suit against RBC

Top performer claims gender bias over dismissal after dating alleged Ponzi schemer

A top-performing female trader has sued RBC Capital Markets for gender bias over her dismissal, which she said stemmed from her dating a hedge fund manager later charged with fraud for running a Ponzi scheme.

In a lawsuit filed late Friday with the U.S. District Court in Manhattan, the trader, Lindy Boville, accused RBC of using her relationship with James Nicholson as a pretext for firing her in March 2009 and assigning her accounts to male colleagues.

The Toronto resident, who had worked in RBC's New York office, said she dated Nicholson on and off between March 2008 and February 2009 but had no business dealings with him.

She said male colleagues who did work with Nicholson were not punished by RBC, a unit of Royal Bank of Canada.

Nicholson ran Westgate Capital Management LLC in Pearl River, N.Y., prior to his Feb. 25 arrest.

A grand jury in April indicted him for fraud for

Claims

The lawsuit also said that prior to being fired, Lindy Boville was subjected to repeated advances and graphic comments about her appearance by male colleagues at RBC. She accused one of using a made-up word "sensy" rather than "sexy" to describe her clothing so that RBC's monitoring system would not pick up his language

running an alleged Ponzi scheme since 2004 that

caused \$150 million of investor losses.

Boville said RBC later filed a termination notice that falsely said she "showed poor judgment in financing efforts for hedge fund."

This notice has made it hard for her to find a new job and caused one employment offer to be rescinded, she said.

In response to the lawsuit, RBC spokesman Kevin Foster said in an email: "Ms. Boville showed poor judgment in helping Jim Nicholson raise money for

his hedge fund and failing to disclose her activities to her supervisors. It is irrelevant that she had a personal relationship with Nicholson, and she should have told RBC what she was doing."

A lawyer for Nicholson did not immediately return a call seeking comment.

The lawsuit said Boville joined RBC in September 2007 after being heavily recruited by the Canadian bank and by Goldman Sachs Group Inc.

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Shares in diamonds firm double after Nunavut find

MINING Shares in Peregrine Diamonds Ltd. more than doubled yesterday after the company announced the discovery "of large diamonds and a coarse diamond size distribution" at its Chidliak project on Baffin Island, Nunavut.

The Vancouver-based miner reported the discovery of seven additional kimberlites on the 9,800-

square-kilometre Chidliak project, 120 kilometres northeast of Iqaluit.

The latest discoveries bring to 16 the total number of kimberlites discovered to date on the project.

Peregrine shares closed up 96 cents, or 107.8 per cent, yesterday at \$1.85 on the Toronto Stock Exchange.

THE CANADIAN PRESS

Business in brief

ALTAGAS Shares of AltaGas Utility Group rose nearly 16 per cent yesterday after AltaGas Income Trust sweetened its offer for all outstanding common shares of the Utility Group that

it doesn't already own. The new offer of \$10.50 a share is 16 per cent above the income trust's original bid of \$9.05 a share.

THE CANADIAN PRESS

London For arts' sake



The mayor of London, Boris Johnson, poses for photographs yesterday beside a bust of William Stuart, archbishop of Armagh, at the Victoria and Albert Museum in London during an event to warn against cuts in spending on the arts and culture.

U.S. activity forecast rises for fifth time

ECONOMY A private forecast of U.S. economic activity rose in August for the fifth straight month, the latest sign the recession has ended. The Conference's Board leading indicators point to an economy on solid ground early next year, though some analysts caution that a rising unemployment rate will restrain growth.

The Conference Board said yesterday its index of leading indicators rose 0.6 per cent in August. That follows a 0.9 per cent gain in July revised up from 0.6 per cent. Economists surveyed by Thomson Reuters had expected a 0.7 per cent gain last month.

The indicators are designed to project economic activity in the next three to six months. The August results support many analysts' projections that the economy started growing again in the current July-September quarter and will continue to gain in the fourth quarter.

Federal Reserve Chairman Ben Bernanke last week said the recession was "very likely over."

The recession's end "is no longer a source of heated discussion ... but whether or not the economy can keep grinding forward (and at what speed) is still a big question mark," Jennifer Lee, an economist at BMO Capital Markets, wrote in a note to clients yesterday.

Analysts worry that any economic growth will falter as unemployment rises from the August rate of 9.7 per cent to above 10 per cent.

THE ASSOCIATED PRESS

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.0%	0.75%	0.8%	1.4%	1.05%	0.75%	0.75%	1.25%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can you afford to buy a home?

AlisonOnMoney



It is often a great time to shop for a home. New home and condo builders are anxious to clear inventory and other sellers don't want to hit the winter real estate doldrums. With the recession entering into history, you might be thinking now's the time to strike.

Usually, I recommend doing window shopping before making major purchases. Not with home buying. There's way too much emotion compounded by real estate agents

who are skilled at instilling a sense of urgency. The minute you start looking, you'll want to start buying.

Instead, start a house hunt with a Can I Afford My Home budget. If you have mortgage pre-approval you know the interest rate and can work out payments. Don't forget the land transfer tax. Go to realtor.ca and use the mortgage and tax calculators for properties in your price range. Add legal costs and insurance if you have a high ratio mortgage.

You have your expected mortgage payment — next, move on to your monthly housing nut. This includes condo fees, parking, property tax and insurance. A call to your current agent can get you a rough insurance figure and a search of MLS listings in the area will do the same

Alison's Money Rule:

- Don't even think of making an offer on a house or condo until you've completed a Can I Afford My Home budget.

for taxes. Estimate utilities. You should also count on spending on maintenance, repairs and decorating.

Now you have your monthly figure — ask yourself, can I afford it? If yes, go home shopping. If no, adjust your price point.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Three months ago, my widowed father hired a caregiver. I was looking over his bank statement and noticed several withdrawals that he was unable to explain. The caregiver helps him sign cheques and has access to his bank PIN.

On the web

Investing: Allan Small discusses when to take profits on your investments, what to look at before you do it and when to do it. Visit metronews.ca/investing.



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Guidelines a must for home caregivers

What can I do, so this does not happen again?

— Terry

A Good caregivers do become very close to their charges. They take over roles that were previously performed by family members. But there must be guidelines and controls to protect and benefit both parties.

The caregiver should not be given responsibilities beyond what she was hired. It is not fair for her to take on tasks where her character and integrity may be in question.

Power of attorney to ac-

cess bank accounts should be restricted to the bank holder or a family member. Unauthorized individuals should not use bank cards and PINs. Family members must take a more active role. Great as they may be, "caregivers do not a family make."

To avoid penalties by Canada Revenue Agency, caregivers should be on the payroll and file remittances and T4s should be issued. Contact CRA or a tax professional for advice.

Henry Choo Chong, CGA, can be reached at choochonghcgga@yahoo.ca.

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Direct investing can help you lower your cost of investing.

Take control of your money

RAFAEL BRUSILOV
for Metro Canada

The rewards of good investments are well-known, but if the mandatory costs of investing feel daunting, it could be time to cut out the middleman and take command of your own money.

If you like taking the reins of your own invest-

"There are substantial savings for investors who are willing to do their own research and make their own decisions."

Jason Storsley, CEO of RBC Direct Investing

ments and like seeing as little of your hard-earned money go to waste as possible, direct investing online can help you lower your cost of investing substantially while letting

you build your success one trade at a time.

Jason Storsley, president and CEO of RBC Direct Investing, says buying and selling stocks and other investments yourself is easier than ever because online brokerage tools have become more sophisticated and accessible.

"The development of the Internet has certainly shaped the way consumers get information, and there are more ways than ever to get started and succeed.

"It has never been easier to become a direct investor," Storsley said.

High-priced commission fees may have kept some people away from the prospect of direct investing in the past, but fees have dropped off about 47 per cent since 2005.

Direct investors who trade frequently with RBC can even achieve rates as low as \$6.95 or \$9.95 per month — a huge savings over RBC's standard commission fees of \$28.95 per month.

"There are substantial savings for investors who are willing to do their own research and make their own decisions," Storsley said.

"The lower fees can have a great impact on the bottom line and it adds up over time for sure," he added.

The sheer wealth of online investment research tools available, from price performance trackers to professional investment comparison tools, can give you a more informed and impartial view at the big investment picture — as long as you are willing to study the numbers yourself.

"With an adviser, you will get that adviser's view," Storsley said. "With the online site, you'll get to take a look at everything available and perhaps make a more informed decision."

For investors who dabble in mutual funds and want to keep their portfolios filled while they save, RBC offers a special line of Series D funds, which feature management expense ratios (MERs) frequently rated at half or better than the industry average. They also incur no service charges, no transaction fees and no load — that means lower

What's the cost?

The cost of investing is a huge factor in making your investment decisions and direct investment options at RBC can help take substantial cost out of the equation.

- **Low per-trade direct investment fees:** Make 30 or more trades each quarter to score a \$9.95 per-trade commission rate with an RBC Direct Investing account. Make 150 or more trades in the same period to garner an even more frugal \$6.95 rate per trade — the more you trade, the more you save.

- **Half-sized fees for full-sized returns:** RBC Series D mutual fund options for direct investors let you invest under a fee structure that averages half the industry standard with no load, service or transaction fees added, meaning your money works for you with less going to waste.

- **Practice makes perfect:** A practice account at RBC lets you test the waters and build confidence in your investment ideas without having to risk a single cent, all while using all the same sophisticated tools you'd use to make a real investment.

investment fees for the same investment dollar, a great offering that Storsley expects will strike a chord with seasoned investors.

"We've seen a huge erosion of wealth and investors have become more conscious of it," Storsley said.

"They're looking for less expensive ways to get the same options they would have in the past."

For first-time investors or those who don't feel quite ready to re-invest just yet, an RBC practice account can be an ideal way to test-drive your investment ideas and ambitions without having to worry about making mistakes. Opening a practice account is completely free and gives you \$100,000 in practice money to invest however you'd like, while using all the exact same tools, resources and calculations as a real-money account.

"It's a great way to experience real investing without having to risk real money, and it can really help you build confidence. It gives you a risk-free environment to test your investment strategies," Storsley said.



RBC Direct Investing™



Confidence is always a great investment.

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Tuesday, September 22, 2009

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Brett Favre's streak is not in danger: He has a bent fingernail. Favre's throwing hand was hurt during Minnesota's win over Detroit on Sunday. Favre has started 271 straight regular season games, believed to be an NFL record. **THE ASSOCIATED PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Canadian conduct unsporting: Official

USA Luge director says VANOC scrimps on track time

KRISTEN THOMPSON
 Metro Canada

The desire to win at next year's Winter Olympics has outstripped Canada's sense of sportsmanship, according to the executive director of USA Luge.

Ron Rossi says a 30-year-old agreement between the American and Canadians — in which both nations allowed each other's teams unprecedented access to their luge tracks — has fallen apart.

Canadian lugers were allowed as many as 500 extra training runs in Salt Lake City, but Americans have only been offered 18 training runs on 2010 tracks, Rossi said.

"The Canadians have given out the proper amount of training that's

No gold rush

• Canada has failed to win a gold medal at both Olympics on home soil — Montreal in 1976 and Calgary in 1988.

prescribed in the rule book," he said. "But we've had a relationship, and it's been rendered of no value. I guess I take it a little personally."

"The desire of winning has outstripped the honour of sportsmanship," Rossi added.

American long-track speed skaters are also complaining of similar parsimony.

In the year leading up to the 2002 Winter Games, foreign skaters were given

VANCOUVER 2010 Games

unlimited training access at the Utah Olympic Oval, said Marc Norman, facility operator at the venue in Salt Lake City.

He said it's "a little surprising" the Richmond Oval has only given foreign skaters two weeks to train.

"If that's the way it's got to be to gain a competitive advantage, that doesn't really seem all that great," Norman said.

VANOC CEO John Furlong said the organizing committee is playing by the rules and is simply ensuring our Canadian athletes benefit from the home field advantage in Vancouver.

Canadian GP to return for 2010

RACING FIA yesterday ratified its calendar for the 2010 season and reinstated the Canadian Grand Prix, provided contract negotiations with Formula One management and Montreal organizers are completed.

The Canadian Grand Prix had been held in Montreal annually since 1978 before being dropped this season.

The season will start with the Bahrain GP on March 14, FIA said in a statement.

If FIA and the Canadian organizers fail to reach a deal, the Turkish Grand Prix, which is scheduled for May 30, will be moved to June 6.

The Canadian Grand Prix is scheduled for June 13.

THE ASSOCIATED PRESS

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Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Sports in brief

CFL Casey Printers is returning to the B.C. Lions. The former CFL MVP signed a one-year deal with the club yesterday and will be placed on the practice roster. The Lions are thin on quarterbacks with CFL experience. The Lions are last in the West with a 5-6 record.

BASEBALL The Houston Astros fired manager Cecil Cooper yesterday. The Astros are 70-79 and have lost seven straight games. Third-base coach Dave Clark will take over as interim manager for the final 13 games this season.

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NHL Dawes ducks a check



Calgary's Nigel Dawes evades a check from Vancouver's Willie Mitchell last night in Vancouver. For a complete game recap, visit metronews.ca/sports

Morency suspended 5 games for coming off bench

SUSPENSION The National Hockey League suspended New York Islanders forward Pascal Morency for five regular season games and the remainder of the pre-season yesterday.

Morency had been suspended indefinitely after receiving a game miscon-

duct for leaving the bench to start a fight with Calgary defenceman Dion Phaneuf in a game last Thursday.

Phaneuf's hit knocked out Islanders forward Kyle Okposo in the second period of the Flames' 5-4 shootout victory.

Morency jumped off the

bench and charged Phaneuf, starting a brawl that included New York goalie Martin Biron. Okposo remained motionless for more than six minutes. He was immobilized and removed from the ice on a stretcher.

THE CANADIAN PRESS

It's important ... but I don't do it

Having a healthy diet is "very important" to a majority of Canadians — 85 per cent to be exact, according to Bensimon Byrne's latest Consumerology Report. Almost a third of Canadians who think a healthy diet is very important don't believe that they have a healthy diet. **METRO NEWS SERVICES**

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Food

The endearing movie *Julie & Julia* has sparked interest in the amazing culinary prowess of Julia Child, the doyenne of French classical cooking, since its release this summer.

THE CANADIAN PRESS

**Dirty apron**

Chef David Robertson now offers classes based on her cookbook, *Mastering The Art of French Cooking*, at The Dirty Apron Cooking School, located in Vancouver.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Breakfast for success

We all know that breakfast is the most important meal of the day. Unfortunately, more than half of us skip it due to a variety of reasons.

All of us, and especially children of school age, need to eat healthy, balanced diets to give them the energy and brain power to get through their days. However that doesn't often happen.

Having raised four children, I know that nutritious meals are key to healthy and energetic children, so this year I have become the new spokesperson for the national "Breakfast for Learning"



Rose's Whole Wheat Nut'n'Fruit Granola

foundation, an organization that focuses on educating children on nutrition in our schools.

Here are some breakfast recipes to get you started:

Rose's Whole Wheat Nut'n'Fruit Granola

You'll never want to eat packaged granola again after you try this. This is the number-one breakfast food in my catering com-

pany. It also has fewer calories and less fat than other granolas due to a smaller amount of oil and the use of apple juice and maple syrup. Serve with yogurt or milk.

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

MAKES 4 CUPS

INGREDIENTS:

- 2 cups large rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup packed brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 3 tbsp vegetable oil
- 1/4 cup apple juice
- 3 tbsp maple syrup

- 1/2 cup chopped nuts of your choice
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dried cranberries

METHOD:

Preheat the oven to 300°F. Line a baking sheet with foil and spray with vegetable oil.

Combine the oats, flour, brown sugar, cinnamon, ginger, oil, apple juice, maple syrup and nuts in a large mixing bowl and stir to combine.

Spread the mixture out on the prepared baking sheet and bake for 35 minutes, tossing once to pre-

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

vent burning.

Remove the granola from the oven and let it cool to room temperature. Add the dried fruit and stir. Store in an airtight container.

Read more on **page 16** »

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Two-thirds of Canadians consider obesity to be a very serious threat to them or their family, according to Bensimon Byrne's latest Consumerology Report, signalling an alarming health issue in Canada. **METRO NEWS SERVICES**

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

Trendy tipping

Even though I know the booze business is a trend-driven machine, I'm still surprised at how many "next big thing" wine brands just come and go.

You'd think that after taking the world by storm, a few more (Australia's [yellow tail] excluded) would establish themselves in the hearts and mouths of consumers.

That's what makes the arrival of Familia Zuccardi's Fuzion wines so exciting. Already a hit from Central Canada westward; the pair of Argentine cheapies arrive in the Maritimes this week, completing the race for national domination in less than a year. (A very good sign that they're going to be around for awhile).

While I wouldn't write an essay about either; their soft, chug-a-lugable balance of fruit charmed the taste buds off me

when I tried them with the winery's head honcho José Alberto Zuccardi in the spring.

José told me that his aim is to keep the surprisingly dark berry fruit flavour of the **2008 Fuzion Shiraz Malbec (\$7.45 - \$9.99)** and the plush, citrusy complexity of the **2008 Fuzion Chenin Torrontes (\$7.45 - \$9.99)** consistent vintage to vintage (another great longevity strategy) which makes both wines worthy of being added to your roster of every day drinkers.

Prices reflect the range across the country. Products may not be available in every province.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

>> Continued from page 15

Banana Chocolate Chip Loaf

Banana loaf is an all-time favourite. The traditional loaves are made with an excess of oil and chocolate chips. By using more banana and light sour cream, I enhance the flavour so I can use fewer chips and less oil. This is great as a dessert, breakfast or snack.

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

MAKES 1 LOAF, 8 SLICES

INGREDIENTS:

- 1 large ripe banana, mashed (about 1/2 cup)
- 1/4 cup vegetable oil
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 1/4 cup low-fat sour cream
- 3/4 cup all-purpose flour
- 2 Tbsp whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/3 cup semi-sweet chocolate chips

METHOD:

Preheat oven to 350°F. Spray an 8 1/2- x 4 1/2-inch loaf pan with vegetable oil.

Using a whisk or electric mixer, combine the ba-



Banana Chocolate Chip Loaf

nana, oil, sugar, egg, vanilla and sour cream in a large bowl until smooth.

In another bowl, combine both flours, baking powder and baking soda. With a wooden spoon, stir the dry mixture into the banana mixture until the dry ingredients are just moistened. Fold in the chocolate chips.

Pour into the prepared pan and bake for about 30 to 35 minutes or until a tester inserted in the middle of the loaf comes out clean. Let the loaf cool in the pan on a wire rack before removing and slicing.

Frittata with Baby Spinach, Caramelized Onions and Aged Cheddar

A frittata is an open-faced omelette with a variety of toppings. This ver-



Frittata with Baby Spinach, Caramelized Onions and Cheddar

sion mixes some sweet flavourings from the caramelized onions with a savoury taste from the spinach and aged cheddar.

PREP TIME: 10 MINUTES

COOK TIME: 9 MINUTES

SERVES 2

INGREDIENTS:

- 1 tsp vegetable oil
- 1/2 cup diced onions
- 1/2 tsp crushed fresh garlic
- 1/2 tsp brown sugar
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- salt and pepper
- 1/2 cup baby spinach
- 1/3 cup shredded aged cheddar cheese

METHOD:

Spray a small nonstick skillet with vegetable oil.

Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes, or until the onion is soft and lightly browned. Add the brown sugar and sauté on low heat for 3 minutes. Remove from the heat and set aside.

Whisk together the egg substitute, egg whites and milk, and season with salt and pepper. Add the onion mixture.

Spray a 9-inch skillet with vegetable oil, add the egg mixture and cook over medium-low heat for 4 minutes, or until nearly set. Add the spinach and cheddar cheese, cover and cook until the frittata is set, about 2 minutes. Slip the frittata onto a serving platter with a spatula. Cut into wedges and serve.

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A Paris-inspired pout

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Separate beds ... sound sleep

Shared bed may not be healthy, says study

The J Spot

Josey Vogels

metronews.ca/thejspot

Beyonce and hubby Jay-Z made it trendy when it was rumoured that they sleep separately, even going so far as to rent separate hotel rooms when they travel together.

But now, it's scientific fact. Sleeping together may actually be bad for your health.

Sleep specialist Dr. Neil Stanley, head of one of Britain's leading sleep labs, recently told the British Science Festival that while couples believed they slept better with their partner, evidence has proved that couples suffer 50 per cent more sleep disturbances if they share a bed.

The resulting lousy night's sleep can be linked

to everything from depression to heart disease, strokes, traffic and industrial accidents and even divorce.

Of course, this news goes against conventional wisdom. As a culture, we believe that separately is a sign of trouble in paradise that leads to marital doom.

But Stanley, who sleeps separately from his wife, says that historically, couples sharing a bed wasn't even common until the industrial revolution, when people moved to overcrowded towns and cities and living space was limited.

In ancient Rome, for example, the marital bed was for one thing, and that wasn't sleeping.

I've long believed that sleeping apart — even having separate bedrooms — can actually be good for a relationship. Not only do you get a decent night's sleep, but you get your own

space when you need it, and you can relish in the excitement of sneaking into each other's room just like when you were just dating and your parents made you

sleep in separate bedrooms when you stayed with them. Besides, nothing builds resentment more than watching your partner sleep blissfully beside you while you toss and turn beside them. How is that good for a relationship?

It seems more and more couples are coming around to my way of thinking. According to the National Sleep Foundation in the U.S., couples sleeping separately from 12 per cent in 2001 to 23 per cent in 2005. And, according to the National Association of Home Builders, they've seen an increase in requests for "two-master bedroom" homes and predict that by 2015, 60 per cent of all custom upscale homes will be built

"In ancient Rome ... the marital bed was for one thing, and that wasn't sleeping."



Recent evidence shows that couples suffer 50 per cent more sleep disturbances if they share a bed.

with two "owner suites."

I'm sure lots of couples don't have a problem sleeping in the same bed. Some may actually even enjoy it. But if you don't, and it's affecting the quality of your sleep, you need to get over

the fact that sleeping separately is unhealthy for the relationship because the exact opposite may be true.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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BEAUTY Get the royal treatment with a new decadent make-up collection inspired by the lavish extravagance of the noble class.

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Five hundred days of summer — plus one day of marriage. Zoëy Deschanel, 29, and Death Cab for Cutie singer Ben Gibbard, 33, tied the knot Saturday night near Seattle, her rep tells People. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

The Lioness

Amy Winehouse has created her own record label to launch her goddaughter's career. Dionne Bromfield, 13, is set to release her first album next month on Amy's Lioness Records. **FEMALEFIRST.CO.UK**



Dancing with Fame

Remake appeals to younger audience, says Kherington Payne

CHRIS ALEXANDER
for Metro Canada



Back in 1980, when maverick U.K. filmmaker Alan Parker released his immensely popular, generation defining musical drama *Fame*, times were considerably different.

The movie examined the lives of a select group of young aspiring performers at New York City's High School for the Performing Arts, giving people an intimate — often off-colour — but always honest portrait of the dreams and passions of youth.

Next week sees the release of the glossy, state of the art remake of *Fame*, a

film that is being billed as a “re-imagining” of the source. And while this *Fame* still touches on the same themes and high energy performances, the novelty may have worn off a bit, especially in this age of reality TV equivalents American Idol and more resonantly, *So You Think You Can Dance*, a program that co-star Kherington Payne is more than a little bit familiar with.

“I think we had to take a different approach than the original did,” Payne, who herself was a top 10 finalist and fan favourite

on *So You Think You Can Dance* last year, says.

“The world of the performing arts isn’t as secret as it was when the first film was released.

Things have changed so our *Fame* is a fresh perspective.”

One of the major differences between the two versions is the target audience.

The original picture was rated R due to the level of frank language and sexuality, the new version opts for a lighter approach.

“This is a PG all the way,” says Payne.

“The movie is designed

Fame opens in theatres this Friday

Movie feature

for families, to inspire kids of all ages and just be entertaining without offending anyone.”

In *Fame*, Payne was chosen from a staggering array of hopefuls to play the beautiful, leggy dancer Alice. But her presence, good looks and most importantly, her impossibly accomplished skills as a dancer shone through. When she was voted off *So You Think You Can Dance*, it was a shock, both for audiences who believed she’d go all the way and for Payne herself. But, despite her public heartbreak, she rebounded spectacularly and regrets nothing.



Kherington Payne stars in the remake of *Fame*, opening Friday.

“Rejection hurts, I won’t lie,” says the newly minted actress.

“But you can’t let it get

you down. Really, it thickened my skin and without it, I wouldn’t be where I am now.”

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Blunt takes on downloading

Singer James Blunt is no fan of pirates. Not the swash-buckling brand — the piracy on Blunt's bad side involves illegal downloads. The singer has backed Lily Allen's push to create legislation that will eradicate the practice. **METRO NEWS SERVICES**

F--ked Up take Polaris Prize

Hardcore band picked by critics for \$20,000 award

BRYAN BORZYKOWSKI
for Metro Canada

The Polaris Music Prize might not be the most well-known music award in Canada, but for Toronto hardcore band F--ked Up, it's the only one that matters.

The six-piece, which released *The Chemistry of Common Life* last October, won the fourth annual prize at a gala event last night. Besides the album being crowned the best disc of 2008-09, the group takes home a \$20,000 cheque.

While the money helps, it's the international acclaim that comes with the award that's the real prize. Unlike the Junos, the nominees for the annual prize are mostly under-the-radar acts — nominees such as Hey Rosetta!, Malajube and Chad VanGaalén aren't

selling thousands of records — so increased attention is a major career boost for these musicians.

Last night, the award was handed out for the fourth time at a glitzy gala hosted by CBC Radio 3's Grant Lawrence and MuchMusic's Sarah Taylor. And while there was only one winner, it was still a successful night for all of the 10 nominated acts.

That's because the gala, which was broadcast live on Sirius Satellite Radio and muchmusic.com, included performances from the 10 artists. Each act ran through two songs, and while they were all engaging, standouts included an acoustic version of Metric's *Help, I'm Alive* Off Fantasies, Great Lake Swimmers' sweet folk tune *Still*, and Joel Plaskett's haunting rendition of *Heartless*, *Heartless*.

Besides the aforemen-



Toronto hardcore act F--ked Up won the Polaris Prize, awarded last night.

tioned acts, other nominees included Toronto folk group Elliott Brood, Somali-born rapper K'Naan and 2007 Polaris winner Patrick Watson.

This is actually the first time in the prize's history that past nominees — like K'Naan, Malajube and Metric — have been up for the

award again.

Helen Spitzer, one of the 182 Canadian journalists who cast a vote in July to determine the long and short lists (11 of the jury members picked the winner), says having repeat artists is both a plus and a negative for the award.

"It says that jurors across

the country need to be digging a little deeper and getting outside of their comfort zone as far as the music they listen too goes," she said.

"But at the same time, I think both the Metric and Patrick Watson records are significantly better than previously nominated al-

Polaris winners

- 2006 — Final Fantasy, He Poos Clouds
- 2007 — Patrick Watson, *Close to Paradise*
- 2008 — Caribou, *Andorra*
- 2009 — F--ked Up, *The Chemistry of Common Life*

bums."

As always, the competition was fierce. Joel Plaskett's album might be the most ambitious record — he wrote 27 songs, mostly about life on the road and coming home — but Metric's solid new-wave effort, their best since 2003's *Old World Underground*, and K'Naan's cross-genre hip-hop release, are packed with stellar songs from front to back.

No one would argue that every artist deserves the cheque, but F--ked Up's pop-meets-hardcore disc was one of the most refreshing and original albums of the year — so it's no surprise they took the prize.

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Gisele's new gig
Supermodel Gisele Bündchen has a new gig: United Nations goodwill ambassador for the environment. "I'm really honoured to have received a call from the UN to spread the message about climate change in the world," she told reporters. **PEOPLE.COM**

Celebrity Summer of Death '09

We had been told to expect the deaths of the famous to come in threes, not in the dozens.

But all through the summer of 2009 came a ceaseless and sombre drumbeat, as idols passed away. From Walter Cronkite to Sen. Ted Kennedy, the nonstop loss of luminaries continued almost as if a seasonal occurrence — as summer as hot dogs and humidity.

If a filmmaker were trying to capture the summer of 2009, Michael Jackson news would be playing in the background. Many thought coverage of Jackson's death was too much; a Pew Research Center poll released in July found that 64 per cent of those surveyed thought the media blitz was overdone.

But news outlets went heavy on coverage for the many others who passed. Collectively, it made the constant commemorating hard to escape, especially for anyone active on social networks and the Web.

"It's relentless because of the impact of the Internet," said Adam Bernstein, the obituary editor of the Washington Post. "Twitter feeds go out. Every death seems to become more of a tempest rather than just the simple news of what it is."

Still, the parade of

"Twitter feeds go out. Every death seems to become more of a tempest rather than just the simple news of what it is."

Adam Bernstein,
obituary editor

deaths was unusual. The phrase "summer of death" popped up, perhaps first used by New York magazine, which cheekily claimed the trademark. There's no particular reason for such an aberration; the death rate is typically higher during winter.

In May, the passings of actor David Carradine, 72, and Johnny Carson's sidekick Ed McMahon at 86 were only a harbinger of what was to follow.

Just two days later, two icons of Generation X died. First was the news that Farrah Fawcett, the '70s sex symbol and Charlie's Angels star, had died of cancer at 62. Later on in the day came the more unbelievable reports that Jackson had died.

Jackson's cultural importance alone would have been enough to keep his passing in the news cycle



Among the many celebrities who died this summer are, above, Michael Jackson, Farrah Fawcett, and below, Adam (DJ AM) Goldstein.

for weeks. But the complex nature of his estate and the murky details surrounding his death (eventually labelled a homicide by the medical examiner's office) ensured Jackson remained on front pages and on cable news crawls.

The death of Cronkite, a voice of authority and the premier TV anchorman, on July 17 was felt across the world of journalism.

August saw the death of Brat Pack film writer-director John Hughes at 59.

Two weeks after his sis-

ter Eunice Kennedy Shriver's death, the liberal lion of the U.S. Senate, Edward M. Kennedy, died at age 77 of a brain tumour.

On Aug. 28 followed Adam (DJ AM) Goldstein, the 36-year-old DJ.

"There's a lot of interest in celebrities," said Claire Noland, obituary editor of The Los Angeles Times. "Any time you have someone that's even a moderate celebrity, they make more news now than maybe they would have before."

Last week, Patrick



Swayze died. But even he wasn't the last — with just days of summer officially remaining, folk singer Mary Travers passed away.

Together, those who died came from seemingly every phase of life.

No one who ever picked up a guitar, danced to Thriller, watched a quality TV news broadcast or laughed through a coming-of-age comedy could have failed to feel the loss.

Autumn can't come soon enough.

THE ASSOCIATED PRESS



In brief

TV When U.S. President Barack Obama appeared on the Late Show on Monday, host David Letterman theorized that Obama had agreed to appear without thinking about it, or as he put it, "Like Bush did with Iraq." After hearing a woman had brought a heart-shaped potato, Obama told Letterman: "The main reason I'm here? I want to see that heart-shaped potato." The woman agreed to let the president keep it. Obama said of it: "This is remarkable."

THE ASSOCIATED PRESS

It's a Beautiful Life at Western Canadian Music Awards

MUSIC AWARDS Beautiful Life continues to take Doc Walker for one helluva ride.

The song by the Manitoba trio was named country recording of the year Sunday night at the Western Canadian Music Awards.

It capped a triumphant week for band members Chris Thorsteinson, Dave Wasilyw and Murray Pulver. Doc Walker won group of the year at last

week's Canadian Country Music Awards, in Vancouver.

Also from Manitoba, Winnipeg's Romi Mayes captured songwriter of the year and roots solo recording of the year — both for the song Achin in Yer Bones.

They were among 22 different artists up for awards in 14 different categories at the seventh annual show, at the Manitoba Cen-

tennial Auditorium.

Marianas Trench won pop recording of the year for Masterpiece Theatre.

Jerrold Dubyk's The Maverick was jazz recording of the year.

Steve Dawson won instrumental recording for Telescope.

Rock recording of the year was Scars and Souvenirs by Theory of a Deadman.

THE CANADIAN PRESS

Some of the big winners

- Krystle Dos Santos for urban recording
- Grand Analog for rap/hip hop recording
- The Waking Eyes for independent album
- The Deep Dark Woods for roots group recording
- Manitoba singer/composer Loreena McKennitt received the Hall of Fame award for her "eclectic Celtic" music
- Eagle and Hawk for aboriginal recording
- Big Dave McLean for blues recording
- Bobs and Lolo for children's recording
- Steve Bell for gospel recording
- Daniel ROA for Francophone

BIG COMEDY BIG LAUGHS

YJ BIG FUN WEEKNIGHTS

MON-THURS 8PM E/P

FROM THE BEGINNING

EVERYBODY HATES CHRIS

8:30PM E/P

FROM THE BEGINNING

8 SIMPLE RULES

FOR DATING MY TEENAGE DAUGHTER

9PM E/P

WHAT I LIKE ABOUT YOU

9:30PM E/P

MALCOLM IN THE MIDDLE

8PM E/P

entertainment 21

DVD picks



Ghosts of Girlfriends Past

Director: Mark Waters

MATTHEW MCCONAUGHEY is a cad and a bouncer in this update of Charles Dickens' A Christmas Carol, and here's where things gets interesting.

He deliberately curdles his cuteness, a risky thing for an actor who depends on it. His loathsome Connor Mead uses his good looks to attract, use and then discard women.

He's jousting with Jennifer Garner and bantering with Michael Douglas, but he's ripe for comeuppance, and he's about to get it the way Ebenezer

Scrooge did.

The ending is never in doubt, yet even knowing all this, *Ghosts* is a pleasure to watch. No recent romcom has had such wicked fun with formula, and a lot of this is due to the script by Jon Lucas and Scott Moore, who also co-scripted *The Hangover*. For director Mark Waters, it's a return to Mean Girls sharpness.

Most of all it's a roll of the dice for McConaughy, who risks losing his audience by playing a character who is so hard to like.

There are no special features.

Observe and Report

Director: Jody Hill

A SICK AND UNFUNNY fantasy about a loathsome mall cop named Ronnie Barnhardt, played against type by the usually adorable Seth Rogen, whose oversized ego is the inverse of his crew-cut-covered pea brain.

Consumed by rage and feelings of inadequacy — he lives at home with his drunken mom (Celia We-



ston) — the tightly wound Ronnie treats his suburban Forest Ridge Mall as a battlefield. Barnhardt advocates using guns, Tasers and billy clubs to settle any dispute, big or small. It beggars credulity to think a man this unhinged would be allowed in a civilized society to get away with the sociopathic acts Ronnie commits — which include date rape, scores of brutal beatings (police officers included) and possibly even a few killings (he brags of six).

Writer/director Jody Hill (*The Foot Fist Way*) evidently intends his film to be satirical. But satire, even the absurd variety, requires intelligence to

succeed. Yes, this is no Paul Blart: Mall Cop.

Extras include three featurettes, a gag reel and commentary by Jody Hill, Seth Rogen and Anna Farris.

O'Horten

Director: Bent Hamer

BENT HAMER'S latest distillation of Scandinavian wit is a bit o' wintry whimsy about a retired train driver who goes off the rails as soon as he leaves the track.

Odd Horten (Bård Ove) is great at keeping schedules but lousy at making connections. He's driven the Oslo-Bergen run for more than 40 years, content to keep going back and forth with nothing more than his pipe to keep him warm at nights.

Until the night of his final run, when O'Horten discovers the train of life doesn't need a destination. Hamer has an ideal accomplice in actor Ove, who wraps O'Horten in a snugly sweater of mystery yet still conveys the fire within.

Peter Howell/for Metro Canada



NEED SOME WATERCOOLER TALK?

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Emmys audience grows on TV

STATS The Emmy Awards can boast of an audience bigger than it's been in three years, despite some tough competition from pro football.

The Nielsen Company estimates that 13.3 million people watched Sunday's Emmy telecast. That's one million more than last year's show, which was the least-watched Emmys ever, and the most since the 16.1 million who watched in 2006.

This increase came despite a Giants-Cowboys game on NBC that scored the best overnight ratings of any prime time pro football game in 11 years.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/22/09	primetime	267 351 - ACCESS	Alberta Primetime (Live)	Wife Swap		Dancing With the Stars (HDTV)				Primetime
		243 317 3 CFCN	etalk	You Can Dance		Law & Order: SVU		The Mentalist (N)		CTV News
		- - 4 OMNI	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
		- 371 5 KXL	4 News at 6	Entertainment	The Insider (N)	Dancing With the Stars (HDTV)				the forgotten
		245 306 6 CBRT	Wheel-Fortune	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National	The Hour	
		244 338 7 CICT	ET Canada	The Good Wife "Pilot"		NCIS (N)		NCIS: Los Angeles (N)	News Hour	
		246 - 8 CKAL	(6) Hell's Kitchen (N)	The Jay Leno Show (N)		The Biggest Loser (N)			News Hour	Your City
		119 705 9 CBFT	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Aveux "La Séparation" (SC)		Le Téléjournal Nouvelles (SC)		TJ Alberta
		- 10 SHAW	(6) Local Programming					Local Programming		
		- 372 12 KREM	News	The Doctors		NCIS (N)		NCIS: Los Angeles (N)	The Good Wife	
news	news	- 374 14 KSPS	NewsHour With Jim Lehrer	Magnificent Mind at Any Age With Dr. Daniel Amen				Magic Moments: The Best of 50's Pop		
		502 390 15 CBC	CBC News: The National	CBC News: the fifth estate		CBC News: The National		CBC News: The National	fifth estate	
		- 370 16 KHQ	News (N)	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)			Jay Leno Show	
		- 373 22 KAYU	The Office	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) (N)			News	
		297 652 37 WPIX	Melrose Place "Grand"	PIX News at Ten Tong.		Two/Half Men	Friends	According-Jim	Family Guy	
		500 500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)			Larry King Live	Cooper 360		
		508 500 31 CNN2	Jane Velez-Mitchell	Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell	Nancy Grace	
		400 400 21 TSN	NHL Hockey	SportsCentre	Interruption	SportsCentre	Boxing Juan Diaz vs. Paule Malignaggi (HDTV)			
		408 418 27 net	MLB Baseball	Sportsnet Con.	MLB Baseball	New York Yankees at Los Angeles Angels of Anaheim.			Sportsnet Con.	
		410 403 30SCORE	X-Fighters	Score Now		Score Now			Score Now	
sports	sports	411 457 44 OLN	Survivorman	Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters	
		417 526 48 SPEED	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam (HDTV)	Super Bikes!	
		552 543 20 YTV	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
		557 541 39 FAM	Zoe 101	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
		555 545 67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
		575 583 11 CMT	According-Jim	Home Improve.	Home Improve.	Wilson	Wilson	Reba	According-Jim	
		553 546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan
		505 398 19 TWN	EarthWatch One	EarthWatch One	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury
		602 568 23 W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury
		521 560 24 TLC	18 Kids-Count	18 Kids-Count	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Table for 12	Table for 12
family	family	603 561 25 FOOD	Hell's Kitchen	Good Eats	Good Eats	Iron Chef America		Unwrapped	Unwrapped	Jon & Kate
		615 520 26 A&E	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters	The First 48 Cabdriver.		Manhunters
		617 522 32 SHOW	Trailer Park	The Outer Limits		The Unquiet (2007, Suspense)	Cara Buono, Chris Martin.		Bones	
		601 562 33 SLICE	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	What Happen?	Biggest Loser Australia	Average Joe:
		- 633 34 ENC2	(6.50) Indiana Jones and the Last Crusade *** (1989)				Presumed Innocent *** (1990, Mystery)	Harrison Ford.	Regarding Hy	
		520 505 35 DISC	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet	Without a Trace	Deadliest	
		520 523 36BRAVO	Jessie Norman	Jessie Norman's life.			Law & Order	Man on Train		
		294 650 40 WPCN	Law & Order: SVU	Shanghai Knights *** (2003, Comedy)	Jackie Chan.		Shanghai Knights *** (2003, Comedy)			
		626 547 41 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party
		- 539 42 TCM	(6) North by Northwest (1959) (DVS)		Psycho **** (1960, Horror)	Anthony Perkins.		Marnie (1964, Suspense)		
cable variety	cable variety	628 584 43 SPIKE	Surviving Disaster "Hijack"	Surviving Disaster (HDTV) (N)		Surviving Disaster (HDTV)		CSI: Crime Scene Investgn.	Surv. Disaster	
		522 516 45 HIST	Ultimate Engineering	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld	Engineering	
		627 528 46SPACE	The Nightmare (N)	Fringe (N)		InnerSpace (N)	Stargate SG-1 (DVS)	Star Trek: Next Gener.		
		- 47 AMC	(6) Lethal Weapon 3 (1992, Action)		Missing in Action 2: The Beginning (1985, Adventure)			Mad Men		
		619 525 49 TROP	Prod. Parker	Prod. Parker	70s Show	70s Show	Stunt Stars	ET Canada	Switch	Family Guy
		500 564 50 HGTV	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes on Homes	SarahCottage	Genevieve	HGTV's Top 10
		501 391 52 CTV	CTV News Tonight	News	CTV News	News	CTV News	News	CTV News	News
		504 508 70 BNN	Squeeze Play	Commodities	Market Call Tonight	Psychic Inv.	Encounters	Headline	Commodities	Squeeze Play
		526 507 92 VIVA	The Closer	Da Vinci's Inquest	Cashing In	First Nation	Moose TV	Judging Amy	Moccasin Flats	Short Cuts (N)
		- 94 QCP	World News	News	Banquet	Kingdom-Wind	Il Caffe	In Germany	Euromaxx	Schauplatz
cable variety	cable variety	571 581 100 MCM	Wild 'n Out	Wild 'n Out	High School Reunion	The Daily Fix	One Tree Hill "Hundred"	Wild 'n Out	Wild 'n Out	H.S. Reunion
		580 580 101 MM	Starmaker	MuchNews	My Date With...	MTV Live	After	Starmaker	MuchNews	MuchNews
		581 586 102 MTV	Daddy's Girls	Daddy's Girls	Daddy's Girls	MTV Live	After	16 and Pregnant "Maci"		Daddy's Girls
		- 116 TV5	(6) Pékin express	Expression	Hors série	TV5 Le Journal	L'Objet du scandale			

critics' corner

Being Erica

Let's hope Erica learned from her attempt to prevent her brother's death at the end of last season. She went back in time again to repair the damage she'd caused in the present, but things are still different since she got back. For one thing, Dr. Tom is no longer her therapist and time-travel mentor in the season premiere, "Being Dr. Tom." 9 PM on CBRT



The Biggest Loser

The contestants learn they can stay at the ranch for another week if they lose a certain amount of weight, and chef Curtis Stone puts in an appearance to help the players make healthier food choices during a kitchen boot camp. Next, the contestants must rely on one another in a balancing challenge. 9 PM on CKAL KHQ

NCIS

With the weight of the past on their minds, Gibbs and the team go back to work, with DiNozzo and McGee beginning a search for Ziva's replacement — an assignment that uncovers a startling truth as the seventh season opens. David McCallum, Pauley Perrette and Rocky Carroll also star in "Truth or Consequences." 9 PM on CICT KREM



After 10 months of dating, actor John Krasinski knew it was time to propose to his now-fiancée Emily Blunt. "So many people say, 'You know when you know,' and it's true," he said, adding, "it was a tough gig, but somebody had to do it." **METRO NEWS SERVICES**

Celebrity Buzz

MJ's 'son' Omer to play him in biopic

A LITTLE TOO LITERAL Michael Jackson's "son" is to play him in a new film.

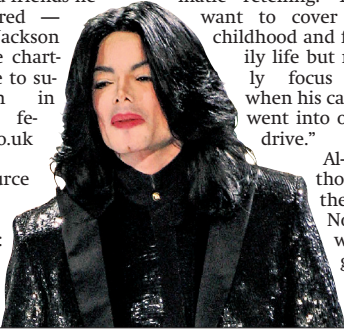
Omer Bhatti — whom the late King of Pop allegedly told friends he had fathered — will play Jackson in a movie charting his rise to superstardom in the '80s, femalefirst.co.uk reports.

A source told Britain's The Sun: "Michael's story from childhood

to the height of success is nothing short of astounding.

"The family feel fans would love to see a dramatic retelling. They want to cover his childhood and family life but really focus on when his career went into overdrive."

Although the Norwegian



Bhatti — who has worked as a Michael Jackson impersonator — denies Jackson is his biological father, he has revealed the singer used to tell him he was "like a son" to him.

He was also welcomed by the Jackson family and sat in the front row at Jackson's Los Angeles memorial service in July.

Since his death in June, Bhatti has reportedly stayed at the Jackson family home in California.

Bhatti, 25, first met Jackson in 1996. It has also been reported that the Ferris wheel that used to entertain visitors

at Jackson's Neverland Ranch has been enjoying a second life after an amusement company picked it up at an auction that liquidated items from the estate last year, according to the Associated Press.

"We ourselves really didn't advertise it," said Theresa Noerper of Archway Amusements. "When he died, it kind of blew up. There's no keeping secrets then."

Jackson fans have reportedly been showing up as the wheel tours the south, paying respects and taking pictures.

METRO NEWS SERVICES

Fat and K-Fed knows it

SELF-ASSURED Talk about Kevin Federline's ghastly weight gain all you want. "He doesn't care," his ex Shar Jackson told usmagazine.com Sunday. "The beautiful thing about him is that he could care less."

She said the 31-year-old dancer-turned-rapper is doing "good."

As his ex Britney Spears continues her Circus tour, he's been on the road looking after their sons Sean Preston, 4, and Jayden James, 3.

Jackson said that he still manages to phone the two children he has with her:

Kori, 7, and Kaleb, 5.

"He calls them all the time," she told Us. "They have good long phone conversations. I'm like, 'Ok, that's good. Hang up the phone 'cause we have stuff to do.'"

Jackson said she is also proud of Spears — whom she once loathed. (Spears famously began dating Federline while Jackson was pregnant with her second child with Federline.)

"She seems like she's doing well," Jackson told Us of Spears, who was hospitalized twice in 2008. "Good for her."

METRO NEWS SERVICES



Celebrity tweets

Pink doesn't appreciate being shushed, **Jim-My Fallon** has no time for dressing rooms, and **Courtney Love** is worried about America.

• @Pink I'm at an outdoor movie and some just "shushed me". I stated "rent the dvd" I'm not gonna lie, I'm gonna talk a little, I'm outside" heehee

• @jimmyfallon Just changed from a tux into street clothes in the back of a car in a Burger King parking lot. Off to the airport. New show tomorrow.

• @courtneylover79 we cant let our people starve and get so fat they are committing carbicide, and have no health, it made me really sad or teh economy, and more

METRO WORLD NEWS



Madonna's candy store ambitions

ALWAYS WANT WHAT YOU CAN'T HAVE Madonna dreamed of working in a candy store, femalefirst.co.uk reports.

The singer — who now follows a strict diet and exercise regime — was so "obsessed" with sweet treats as a teenager she wanted to sell them.

The 51-year-old revealed: "My dream was always to work in a candy store. It was because of my obses-

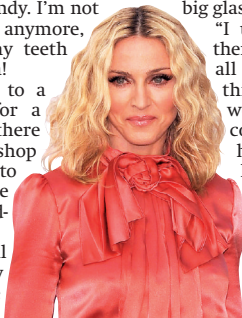
sion with candy. I'm not obsessed anymore, now that my teeth are all rotten!"

"I did go to a university for a year and there was a candy shop that I used to go to all the time, an old-fashioned one where all the candy was in these

big glass jars.

"I used to go in there and look at all the candy and think, 'God, it would be really cool to work in here; I could have candy whenever I wanted.'"

METRO NEWS SERVICES



Drunken Hoff taken to hospital?

FAMILIAR STORY? Baywatch star David Hasselhoff was admitted to hospital Sunday after drinking heavily at his Encino, Calif., home, popeater.com reports.

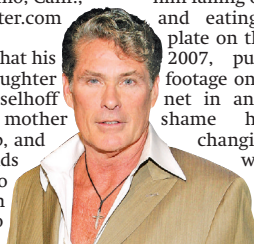
TMZ reports that his 17-year-old daughter Hayley Hasselhoff called her mother Pamela for help, and one of her friends is thought to have called an ambulance to

retrieve Hasselhoff.

He was allegedly released that night.

Hayley famously filmed him falling over drunk and eating from a plate on the floor in 2007, putting the footage on the Internet in an effort to shame him into changing his ways.

METRO NEWS SERVICES



Amy risks a drug relapse?

SNAGGLE-TOOTHED NO MORE Amy Winehouse finally got around to getting her teeth fixed, but now pals are worried the painkillers she's been given to cope post-surgery might spark a relapse, according to the Sun.

"Amy's teeth were in a pretty gross state," a source said. "They were brown and stained

and needed major work on them and she was determined to get them back to their sparkling best."

"It's all major work and it's left her in almost constant pain, but she thinks the sacrifice is worth it. She's been given some very strong drugs to cope with the pain," the source added.

METRO WORLD NEWS



Kourtney's Emmy wardrobe issue

MAT WEAR Kourtney Kardashian admits her baby bump was an issue at Sunday's Emmys, usmagazine.com reports. "It's hard to get dressed when you're seven months pregnant almost!" she told Ryan Seacrest, while wearing a floor-length black gown. "I still try to be fashionable."

METRO NEWS SERVICES



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HOLD TRUE
ESTD 1820

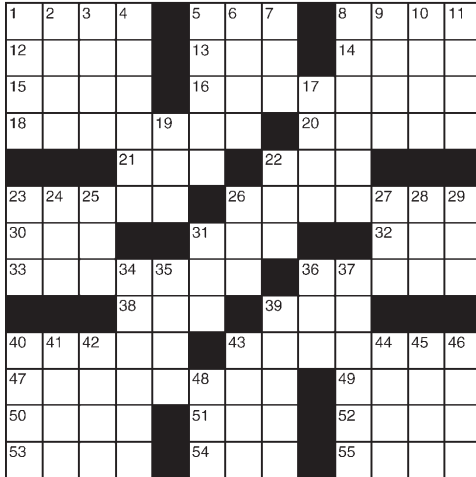
metro



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 In the thick of
- 5 Letterman's network
- 8 Mafia boss
- 12 Unadorned
- 13 Exist
- 14 Sahara-like
- 15 Physical
- 16 News-item info
- 18 Air out, as laundry
- 20 Accumulate
- 21 Sailor's assent
- 22 Put to work
- 23 Wood-shaving tool
- 26 Tests
- 30 A billion years
- 31 Scale member
- 32 Adversary
- 33 Exhausts
- 36 Stood
- 38 Possess
- 39 Wildebeest
- 40 Quickly
- 43 Region of Australia
- 47 Make retroactive

- 49 Sad
- 50 Lo-cal
- 51 That guy's
- 52 Get a glimpse of
- 53 Formerly, formerly
- 54 Fool
- 55 Colonial seamstress

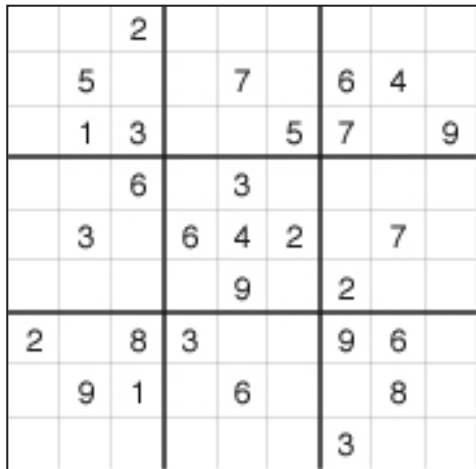
DOWN

- 1 Cain's victim
- 2 Long skirt
- 3 Ahmadinejad's land
- 4 Abuse
- 5 Core group
- 6 Talk like 54-
- 7 Harden
- 8 Less nervous
- 9 Met melody
- 10 Cushion
- inserts
- 11 Honorific
- verses
- 17 Relaxed
- 19 Prepare East-
- 20 er eggs
- 22 Link letters
- 23 Apiece
- 24 "Skip to My —"
- 25 Massachusetts cape
- 26 Speck
- 27 E.T.'s transport?
- 28 Ph. bk. data
- 29 Witness
- 31 Baltimore newspaper
- 34 Hole in the wall?
- 35 As yet unpaid
- 36 Pismire
- 37 Goodyear product
- 39 Surmise
- 40 Competent
- 41 Poker holding
- 42 Book after the Gospels
- 43 Elevator name
- 44 As well
- 45 Drink holders
- 46 Harpsichord lineup
- 48 "Eureka!"

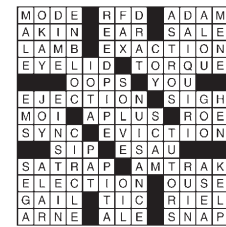
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	1	8	2	6	4	3	9
9	6	2	4	1	3	8	5	7
3	8	4	5	9	7	2	6	1
7	3	6	1	4	8	5	9	2
4	2	5	7	3	9	1	8	6
1	9	8	2	6	5	3	7	4
2	5	9	3	7	4	6	1	8
8	4	7	6	5	1	9	2	3
6	1	3	9	8	2	7	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Fettuccine Alfredo

INGREDIENTS:

- 4 oz (125 g) uncooked fettuccine
- 3 tbsp (45 ml) butter
- 1 cup (250 ml) heavy whipping cream
- 1/4 cup (50 ml) plus 2 tbsp (25 ml) grated Parmesan cheese, divided
- 1/4 cup (50 ml) grated Romano cheese
- 1 egg yolk, lightly beaten
- 1/8 tsp (0.5 ml) salt
- Dash each pepper and ground nutmeg

METHOD:

1. Cook fettuccine according to package directions. Meanwhile, in pot, melt

butter over medium-low heat. Stir in cream, 1/4 cup (50 ml) Parmesan cheese, Romano cheese, egg yolk, salt, pepper and nutmeg.

2. Cook and stir over medium-low heat until thermometer reads 160°F (71°C — do not boil). Drain fettuccine; top with Alfredo sauce and remaining Parmesan cheese.

SERVES 2

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
The answers you seek are not hard to find but you'll need help from those who have asked the same sort of questions before you.



TAURUS
APRIL 21-MAY 21
You won't lack for self-belief today but as mind planet Mercury is still moving retrograde you are advised to check facts and figures.



LIBRA
SEPT 23-OCT 23
Others may be having second thoughts about what you are doing but you have no doubts. Your momentum will keep you moving.



SCORPIO
OCT 24-NOV 22
You are prepared to risk anything to prove you are the best at what you do. Before the day is over almost everyone will be singing your praises.



GEMINI
MAY 22-JUNE 21
Family issues that have been causing you problems can quite easily be resolved, but you must stop putting them off.



SAGITTARIUS
NOV 23-DEC 21
You will get your way today but you will probably upset one or two people in the process. But that won't worry you in the slightest.



CANCER
JUNE 22-JULY 22
Mars in your birth sign does wonders for your confidence and you won't hesitate to speak up today if you feel you have something to say.



CAPRICORN
DEC 22-JAN 20
You won't lack for things to say over the next 24 hours, but make sure that any criticisms you have are justified and that your reasons for airing them are positive.



LEO
JULY 23-AUG 23
You will have to bluff your way through a situation you would usually cope with quite easily. Fortunately others expect you to be assured and outspoken.



AQUARIUS
JAN 21-FEB 18
With Mercury still moving retrograde, what others tell you they are going to do and what they actually do may be two different things today.



VIRGO
AUG 24-SEPT 22
Mercury back in your birth sign means you are not afraid to speak your mind, and it could lead to some interesting scenes.



PISCES
FEB 19-MARCH 20
You don't lack for ideas but you may lack the confidence to express them, and that's a shame because some of your ideas are quite brilliant.



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BY TRICKY RICKY KANE
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.
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1. Whack Grand Coulee, for one (1)
2. Actor Black's Apple computers (1)
3. "Wizard of Oz" dog snapshot (2)
4. Georgia fruit on a sandy shore (1)
5. Scottish girls' reading spectacles (2)
6. Singer Parton's tennis shots (2)
7. Less tall one who frustrates plans (2)

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(including service charges): \$262

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Riviera deluxe rm.
Dec. 28 • 1 wk.

\$2199

Taxes & other fees
(including service charges): \$262

DEALS of the WEEK

Varadero

Sirenis La Salina
Varadero • 4 ★
All-Inclusive
Supersaver spa rm.
Oct. 4 • 1 wk.

\$759

Taxes & other fees
(including service charges): \$218

Santa Clara

Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
Oct. 4 - 18 • 1 wk.

\$799

Taxes & other fees
(including service charges): \$218

Puerto Vallarta

Canto del Sol
Plaza Vallarta • 3 1/2 ★
All-Inclusive • Standard rm.
Dec. 5 & 12 • 1 wk.

\$769

Taxes & other fees
(including service charges): \$271

Los Cabos

Crowne Plaza Los Cabos
Grand Faro • 5 ★
All-Inclusive
Deluxe oceanview
Dec. 19 • 1 wk.

\$1199

Taxes & other fees
(including service charges): \$272

Cancun / Riviera Maya

Gran Bahia
Principe Tulum • 5 ★
All-Inclusive • Standard rm.
Dec. 20 • 1 wk.

\$1829

Taxes & other fees
(including service charges): \$251

Punta Cana via Toronto

Occidental
Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Oct. 3-25 • 1 wk.
Upgrade to the Royal Club luxury
room for only \$229 per person

\$799

Taxes & other fees
(including service charges): \$322

Honolulu

Aqua Aloha Surf & Spa • 3 ★
Continental breakfast
Savvy Saver - Moderate
partial cityview
Dec. 6 • 1 wk.

\$999

Taxes & other fees
(including service charges): \$140

Jamaica

Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Dec. 21 • 1 wk.

\$1999

Taxes & other fees
(including service charges): \$262



DEAL to EUROPE

Paris via Toronto or Montreal

All Seasons Paris Gare Est • 3 ★
Breakfast • Standard rm.
Nov. 11, 19 & 20
4 nts.

\$899

Taxes & other fees
(including service charges): \$421

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\$1059

Taxes & other fees
(including service charges): \$183

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